

## Worship Services

### Catholic

Catholic Mass Mon. thru Fri. 6 a.m. & 6 p.m. (Main Chapel)  
Confession, Mon. thru Fri. 5:15 a.m. & 5:15 p.m. (Main Chapel)  
Vigil Mass, 5 p.m.  
Sunday Mass, 9 a.m. (Cobre Chapel)  
Eucharistic Adoration, daily 24 hrs.

### Protestant

Sunday  
Sunday School, 9:30 a.m.  
Sunday Services, Main Chapel, 11 a.m.  
Children's Sunday School, 11:30 a.m.  
Gospel Worship Service, 1 p.m.  
Monday  
Prayer Group, 6 p.m. (Fellowship Hall)  
Wednesday  
Men's Fellowship, 6:30 p.m. (Fellowship Hall)  
Gospel Bible Study, 7:30 p.m. (Sanctuary A)  
Thursday  
PWOC - 6:30 p.m. (Fellowship Hall)  
Sunday, Protestant Liturgical Service, 10 a.m. (Sanctuary B)

### Church of Jesus Christ of Latter Day Saints

(Sanctuary A)  
Monday, Family Home Evening, 7 p.m. (rm. 8)  
Sunday Sacrament, 9 a.m.

### Filipino Christian Fellowship

(Sanctuary A)  
Sunday Worship, 7 p.m.

### Iglesia Ni Cristo (Sanctuary B)

Bible Study, Thursday, 7 p.m.  
Sunday Worship, 5:30 a.m.

### Pentecostal Gospel Temple

(Sanctuary D)  
Sunday Worship, 8 a.m. & 5 p.m.

### Seventh Day Adventist (Sanctuary B)

Prayer Meeting, Tuesday, 7 p.m.  
Vesper Meeting, Friday, 7 p.m.  
Sabbath School, Saturday, 9:30 a.m.  
Divine Service, Saturday, 11 a.m.  
Bible Study, Saturday, 4:30 p.m.

### Islamic Service (Sanctuary C)

Friday Worship, 1:15 p.m.

### United Jamaican Fellowship

(Bldg. 1036, next to Phoenix Cable)  
Sunday Service, 11 a.m. & 6:30 p.m.

### Shabbat Service

Second Friday of the month, Rm. 11, 7:30 p.m.

**GTMO  
Jazz and  
Music  
Festival,  
Sept. 3**

# Can't stand the heat?

**LT Ed Melendez, MC, USN, Senior Medical Officer, Joint Aid Station**

President Truman is credited with the phrase, "If you can't stand the **heat**, get out of the kitchen." Heat is a very real threat in GTMO.

The daily temperature here ranges between the mid-80s and 90s, the addition of humidity makes it feel much hotter. Combine that with our outdoor lifestyle and you have a situation where heat injuries are not just likely, they're inevitable.

The best way to reduce your risk of heat injury is to know how they happen and take some simple measures.

The human body is a complex machine that uses chemical reactions to perform its work. These reactions can only occur between certain temperatures. If the body temperature falls outside that range then the chemical reactions don't happen and the machine breaks down. Fortunately, we have ways to control our body temperature.

The body has several ways to prevent heat from building up, but none of them are as important as sweat. When you sweat, the evaporation of the water on your skin cools the body. The amount of sweat produced depends on hydration. Sometimes, even proper hydration isn't enough. On a humid day, the air is already packed with water, so the water on your skin really doesn't have anywhere to go, making cooling off harder.

A heat injury can occur when the body either cannot produce enough sweat or the sweat it produces cannot evaporate due to high humidity. Mild symptoms include muscle cramps, headache, dizziness, nausea, and simply feeling hot. More serious signs are confusion, convulsions, unre-



sponsiveness, and death. Unfortunately, these signs can go unrecognized by the victim and that is how most deaths occur.

**Prevention** —There are several easy ways to prevent heat injury. First and most importantly is hydration. It is crucial to drink before, during, and after physical training. The best source of hydration is water. Simply put, there is no substitute. It's true that sports drinks are an important source of carbohydrates and electrolytes, but since the typical diet is already high in sodium chloride (salt) electrolyte replacement is not as important as water replacement. Avoid dehydrating fluids such as caffeine and alcohol prior to your workout. Remember that the color of your urine is the best gauge of your hydration status and that proper hydration prevents injury and enhances performance.

Another important prevention of heat injury is situational awareness. Avoid working-out when it is too hot. Times to avoid are the midday sun and when the humidity is high. Plan on having water available while working out. Be mindful of your clothing. For example, when wearing body-armor add 10 degrees to the outside temperature. If you are new to GTMO, allow yourself

several weeks to acclimatize. Finally, have a workout buddy who can identify the signs of heat injury that you may be unable to recognize in yourself. If a buddy is not available at least notify someone of your plans so that if you don't return in time someone will go looking for you.

**Treatment** —If you identify the sign of heat injury in yourself or a buddy, quick treatment can save lives. First, remove the victim from the hot environment. Next loosen clothing and cool the body with cool water. If ice is available, place ice packs around the head, armpits, and groin; these areas of the body lose heat the quickest. Finally, seek medical attention. If you call 911, remember to stay in place so that the ambulance can find you quickly. Recently, there have been several 911 calls where the ambulance was unable to find the victim because well-meaning people moved them to another location.

Heat injuries are a dangerous part of life in GTMO, but manageable. By taking precautions, you will be better able to stand the heat. The most important precaution comes from President Truman, "If you can't stand the heat," then stay out of it.